WHAT IS CLAIMED IS:

- 1. A liquid cartridge for supplying liquid held therein to a liquid ejecting apparatus, comprising:
 - a liquid accommodating part operable to hold liquid;
- a channel operable to communicate with said liquid accommodating part to allow said liquid accommodated in said liquid accommodating part to flow to an outside of said ink accommodating part; and
- a check valve, provided in said channel, operable to prevent air from getting into said liquid accommodating part via said channel in a case where said channel is opened to atmosphere with said channel faced upward, and to allow backward flow of said liquid from said liquid ejecting recording apparatus to said liquid accommodating part while said channel is connected to said liquid ejecting apparatus.
- 2. A liquid cartridge for supplying liquid held therein to a liquid ejecting apparatus, comprising:
 - a liquid accommodating part operable to hold liquid;
- a channel, having an accommodating-part opening communicatable with an inside of said liquid accommodating part and an external opening communicatable with said liquid ejecting apparatus, operable to allow said liquid in said liquid accommodating part to flow to said liquid ejecting apparatus;
- a check valve having a valve main body and a guide, said valve main body preventing air from getting into said liquid accommodating part via said channel by moving in a direction opposite to a direction of liquid supply to close said accommodating-part opening, said guide extending from said valve main body in said direction of liquid supply by a distance longer

than a movable distance of said valve main body; and

a guide holding portion, provided in said channel between said accommodating-part opening and said external opening, operable to hold said guide slidably in said liquid supply direction and said opposite direction to said liquid supply direction.

- 3. A liquid cartridge as claimed in claim 2, further comprising a detour path operable to allow communication between said accommodating-part opening and said external opening in a state where said valve main body of said check valve does not close said accommodating-part opening.
- 4. A liquid cartridge as claimed in claim 2, wherein said guide holding portion comes into contact with said valve main body when said check valve moved in said liquid supply direction, to prevent said liquid flowing backward from moving said check valve in said opposite direction to said liquid supply direction.
- 5. A liquid cartridge as claimed in claim 2, wherein said check valve is formed of material having larger specific gravity than material for said liquid.
- 6. A liquid cartridge as claimed in claim 2, wherein said check valve is formed of material having higher melting point than materials for said channel and said liquid accommodating part.
- 7. A liquid cartridge as claimed in claim 6, wherein said check valve is formed of polypropylene and said channel and said liquid accommodating part are formed of polyethylene.

8. A liquid cartridge as claimed in claim 2, wherein said guide projects from said guide holding portion toward said external opening at least when said check valve moved in said liquid supply direction, and

said channel has a larger cross-sectional area on an external-opening side of said guide holding portion than on an accommodating-part-opening side of said guide holding portion.

- 9. A liquid cartridge as claimed in claim 2, further comprising a supply valve, arranged in said channel on an external-opening side of said check valve, operable to supply said liquid to said liquid ejecting apparatus by receiving a liquid-supply needle of said liquid ejecting apparatus inserted thereto.
- 10. A liquid cartridge as claimed in claim 2, wherein said valve main body has a contact surface capable of coming into contact with said accommodating-part opening.
- 11. A liquid cartridge as claimed in claim 10, wherein said contact surface has a projection tapered off toward said accommodating-part opening.
- 12. A liquid cartridge as claimed in claim 10, wherein said contact surface has a curved surface that becomes convex toward said accommodating-part opening.
- 13. A liquid accommodating member for supplying liquid to a liquid ejecting apparatus, comprising:
 - a flexible main body operable to hold liquid;
- a channel, provided in said flexible main body, operable to allow said liquid to flow to an outside of said flexible main

body; and

a check valve, provided in said channel, operable to prevent air from getting into said flexible main body via said channel in a case where said channel is opened with said channel faced upward, and to allow backward flow of said liquid from said liquid ejecting apparatus to said flexible main body while said channel is connected to said liquid ejecting apparatus.

14. A liquid cartridge for supplying liquid accommodated therein to a liquid ejecting apparatus, comprising:

a box-like cartridge main body operable to be removably attached to said liquid ejecting apparatus;

a flexible liquid accommodating part, accommodated in said cartridge main body, operable to hold said liquid;

a channel operable to communicate with an inside of said liquid accommodating part to allow said liquid accommodated in said liquid accommodating part to flow to an outside of said liquid accommodating part; and

a check valve, provided in said channel, operable to prevent air from getting into said liquid accommodating part via said channel in a case where said channel is opened to atmosphere with said channel faced upward, and to allow backward flow of said liquid from said liquid ejecting apparatus to said liquid accommodating part while said channel is connected to said liquid ejecting apparatus.